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Your essential daily news | WEDNESDAY, DECEMBER 23, 2015

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ACTION PLAN
The Markham group
sponsoring refugees
is putting out a call to
action to bring more
of Tamador's family
to Canada.

NEW HOME FOR THE HOLIDAYS



A GOOD START: Metro's Syrian family, week 2
metroNEWS

Ahmad, 8, pictured playing an iPod game with Ethan, 11, is adjusting to his new living situation just fine. LIZ BEDDALL/METRO

Web of stolen antiquities

ART FRAUD

Investigation leads to ROM pieces smuggled from India

A U.S. investigation into a tangled web of stolen antiquities that has uncovered dozens of illicit objects in the collections of museums all over the world has snared the Royal Ontario Museum in its net.

On Monday, CBC News reported that Operation Hidden Idol, an investigation initiated in 2012 by U.S. Immigration and Customs Enforcement, had identified a 2nd century stone urn currently in the ROM's collection as being one of many objects smuggled out of India by New York-based antiquities dealer Subhash Kapoor.

The ROM revealed Tuesday that another object in its collection, an 18th-century statue of the Indian god Vishnu, was also acquired from Kapoor.

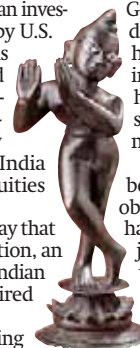
The museum is cooperating

with U.S. authorities to determine whether or not the objects were fraudulently obtained by Kapoor, said Marnie Peters, the ROM's assistant vice president of public relations and publications. If the investigation shows either piece to be part of Kapoor's illegal activity, it will be surrendered using the museum's deaccession protocol.

The ROM paid \$125,000 for the urn in 2004; it was unable to determine the price paid for the statue, acquired in 2006.

Kapoor, a New York-based antiquities dealer, was arrested in Germany in 2011. He was extradited to India in 2012, where he is awaiting trial on trafficking charges. The case against him alleges he was involved in smuggling antiquities worth more than \$100 million U.S.

Since it began seizing objects believed to have been illegally obtained by Kapoor, authorities have recovered some 2,600 objects from his storage facilities.



TORSTAR NEWS SERVICE
**The statue of the Indian
god Krishna.** COURTESY
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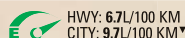
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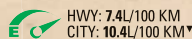


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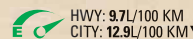
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Internet privacy being ‘violated’

TECHNOLOGY

20 to 25 per cent of traffic goes through U.S.: Research

Luke Simcoe
Metro | Toronto

When University of Toronto professor Andrew Clement sits at his desk on campus and loads the Ontario Student Assistance Program's website, the information doesn't simply travel across the street — where the OSAP building is located — to his computer.

Instead, Clement's request is sent south to Chicago before being routed back into Canada. Eventually, the information appears on his computer screen, but not before it makes the same trip in reverse.

"It's a bit counterintuitive," he says.

His research shows between 20 and 25 per cent of local Canadian Internet traffic gets routed through the United States, exposing the browsing habits of Canadians to organizations like the National Security Agency.

"Your rights are being violated without you knowing it," he said, noting the NSA can intercept data at prominent Internet exchange points in the U.S.

"We do so much of our transactions online now — banking and shopping —

Mapping an IXP

1 The request gets made in Toronto

2 The packet travels to Chicago, Ill.

3 The packet travels back to Clement's computer in Toronto

According to IXMaps.ca, a number of Internet exchange points in the U.S. are suspected of being surveilled by the NSA.

and we should be assured that we're not being exposed to forms of state surveillance."

He and his colleagues are pushing Canadian institutions and governments to force ISPs to use Internet exchange points within the country, keeping local traffic local and making it accountable to Canadian privacy laws.

To help Canadians monitor where their Internet traffic is going, Clement and his colleagues have created IXMaps.ca, an online tool that charts the paths different Internet service providers take to different websites. Users can see if their ISP is using so-called "boomerang routes" through the U.S. and download software that will trace their Internet use and add it to the IXMaps database.

The project began in 2009 but recently relaunched with more "robust" features thanks to a grant from the Canadian Internet Registration Authority, Clement said. Clement hopes IXMaps will bring more attention to the issue and lead to a change in public policy.

"Network sovereignty is important," he said. "Keep data local is our mantra."

+
INTERNET 'PEERING' 101

The Internet is a collection of separate and distinct networks owned by ISPs and other companies (for example: Rogers, Bell, etc.)

Network owners sometimes agree to connect or "peer" their networks together at physical locations known as Internet exchange points (IXPs). Canada's largest IXP is TorIX, located at 151 Front St. in Toronto.

TorIX has over 200 members and a peak traffic rate of 224 gigabits per second.

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‘Vindicated’ by tribunal’s ruling

DURHAM

Man wrongfully subjected to racial profiling awarded \$10k

Joseph Briggs just wanted a sandwich.

The 29-year-old was on his way home from a long night of studying in 2011 when he decided to stop at Subway for a meal. What followed was a series of events that led to him being followed by police and temporarily placed in handcuffs in what the Human Rights Tribunal of Ontario has called a case of racial profiling.

According to the Tribunal judgment, two Durham Regional Police officers ran his plates while Briggs was eating, mistakenly believing he was a prohibited driver, and did not allow him to leave in his car.

When he returned to pick it up, they followed him, pulled him over and detained him.

The tribunal found that con-

stables Chris Delaney and Jason Dimech racially targeted Briggs and the Durham Regional Police Service was ordered to pay Briggs \$10,000. It also found that one of the officers “tailored his evidence after having the benefit of hearing his partner’s evidence.”

Durham Police were unable to respond to repeated requests for comment from the Star Tuesday.

Briggs believes his race was the factor that led to the arrest.

“I didn’t do anything,” he told the Star Tuesday. “Me being a black man is what made them investigate.”

After a five-day trial the Human Rights Tribunal of Ontario agreed with Briggs.

“Running someone’s licence plates because they are black, or with race as a factor in why the licence plate was run, and later waiting to catch the individual driving as a form of reprisal are, objectively, very serious human rights issues,” read the decision from vice chair Alison Renton.

In the decision the officers involved are quoted as saying they found the lone vehicle suspicious

because it was in the parking lot of a restaurant that had been robbed recently.

Under cross-examination Const. Dimech said race didn’t play a role in the officers’ decision to run the plates.

“That is 100 per cent false and we ran the plates for vehicle information,” he stated.

The tribunal decision comes at a time of strain and distrust between racial minorities and police across North America.

“I feel vindicated,” Briggs, who studied child and youth care, said in an interview after the ruling. “I just hope this brings more attention to what black men go through in North America.”

Mindy Noble, Briggs’ lawyer, told the Star a “radical shift” in police culture and training needs to take place or these types of incidences will continue to happen.

“I think this case shows that police can’t just see someone’s race and run that person’s plates,” she said, adding it “shows the harm that can be done when an investigation is started without a legitimate law enforce-



“
I’m still wondering when I’m going to be stopped next.”

Joseph Briggs

Joseph Briggs is a 29-year-old who was racially profiled by police and stopped in 2011. A Human Rights Tribunal of Ontario hearing upheld that he was racially profiled when he was stopped while trying to buy a sandwich. CHRIS SO/TORONTO STAR

ment basis.

“I think for Joseph and other black men who are getting stopped a lot, the impact kind of compounds with each time,” she said. “Every time he goes out in his car he has to worry, ‘Am I

going to be able to go out and get a sandwich today or am I going to get stopped by the police?’”

Briggs, while happy the tribunal ruled in his favour, he said it’s only a matter of time until he’s stopped again.

“This particular night, sure, they held the police to account, but this is going to reoccur,” said Briggs. “I’m still left with every other night. I’m still wondering when I’m going to be stopped next.” TORSTAR NEWS SERVICE

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TRANSIT

Police seek TTC assault suspect

Toronto police are asking the public to help them identify a man who they say kicked a fellow TTC bus passenger in a seat dispute.

The confrontation occurred near Yonge Street, on an east-bound Finch bus just before midnight on Sept. 27, police said in a news release.

The dispute began over the assailant putting his foot on the victim’s seat, police said.

The assailant then raised his foot and held it near the

victim’s face.

As the victim got up to leave, the assailant kicked him in the back, slamming him into one of the bus’s support poles, police say. The assailant then got off the bus.

He is described as being around 27 years old, black, six feet tall, with short dark hair, scruffy facial hair. He was wearing glasses, a baseball cap and a collared shirt with the logo of a pizza company.

TORSTAR NEWS SERVICE



Police are searching for this man who kicked a fellow TTC bus passenger on Sept. 27.

CONTRIBUTED

POLICE

Staff finds gun in sleepy man’s bag

Toronto police have arrested a man who fell asleep in a hospital after allegedly bringing a loaded gun into the facility.

Police say surveillance camera footage showed a man placing the bag down and then falling asleep.

Sidney Charles, 33, faces six charges including unauthorized possession of a firearm and careless storage of a firearm.

THE CANADIAN PRESS

ROADS

‘Multiple vehicles’ in fatal QEW crash

A fatal collision and transport truck fire has closed the Toronto-bound lanes of the Queen Elizabeth Way in Oakville.

Ontario Provincial Police spokesperson Kerry Schmidt said the collision involved “multiple vehicles” — including two transport trucks — and may have resulted in more than one fatality.

He couldn’t immediately confirm the number of vic-

tims involved.

All Toronto-bound lanes of the busy highway were closed at Trafalgar Road around 9:30 p.m.

Provincial Ministry of Transportation cameras showed a large truck on fire on the highway around that time.

Oakville firefighters, OPP and Halton police were on the scene.

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★ **SYRIAN REFUGEES IN CANADA** ★
A FAMILY'S JOURNEY

Markham home bursting with kids, life



Gilbert Ngabo
 Metro | Toronto

The Callaway family home in Markham has always been loud. In the last week, it's become a lot louder.

"I mean, we went from a family of eight to a family of 14 overnight," Dayna Callaway said, explaining adjustments they've made since welcoming a Syrian family.

"It means cooking more food and pulling more chairs, but I've got more hands to help me, too."

Dayna and her husband, Gareth, are part of a refugee

sponsoring group called A Good Start. They welcomed Tamador, 36, and her five children — Rasha, 15, Zaineb, 13, Budur, 12, Mohammad, 11, and Ahmad, 8 — into their home on Dec 14.

Entering the Callaway house, you're greeted with voices of young children running around.

Mohammed, 11, is busy looking at an iPhone with other children. He points to an image, looks around to search other faces in the room, raises his fingers and exclaims: "Three!"

"Yeah!" the group shouts in unison, in apparent appreciation of his new English skills. It's one of many challenges facing this new combined family. Most communication happens through sign language — which pretty much equates to pointing at things — but all phones in the house have been equipped with iTranslate.

"I'm very happy and thankful to people here," Tamador said, speaking in Arabic

through a translator.

Since landing in Canada only nine days ago, she's visited the local mosque and some grocery stores.

She's hoping to meet other Syrians to make connections and help with integration, she said.

When it comes to Christmas, she can't help but feel confused. "I'm not really excited," she said, noting it's not part of her religion and, culturally, it will be her first experience with the holiday.

Still, she's already taken part in a gift exchange.

"I don't want to be different from others here," she explained.

While Tamador and her children live in the Callaways' house, neighbours and friends have chipped in to help.

One room in the house is still full of unpacked boxes and bags of donated items, ranging from soccer balls to guitars to kitchen utensils.

Mohammed — playing Jenga on a table with Dylan and Mathew, the Callaways' eldest boys — is already making plans. He wants to play basketball, and when he grows up, he wants to be a pilot.

"We went from a family of eight to a family of 14 overnight ... but I've got more hands to help me, too." Dayna Callaway

FUNDRAISING

Hope to reunite extended family

The Markham group that helped Tamador come to Canada is hoping to do even more.

The members of A Good Start, made up of five families including Dayna and Gareth Callaway, are trying to raise \$98,000, enough to sponsor nine more members of Tamador's family.

"They've been screened and approved and are now waiting for sponsorship, which means money," said Dayna Callaway.

The nine are living in a Turkish refugee camp — the same one Tamador and her children called home before coming to Canada last week. They fled their hometown of Aleppo when the northern Syria city became the centre of conflict.

"We went through a lot in Syria, and life in Turkey was hard," Tamador said.

"I pray for God to send them peace and comfort," she added, talking about her family still in the camp.

Becoming a sponsor is a big responsibility, but after their experience so far, the Callaways have no regrets.

"It brings so much happiness. Our children have learned so much," Dayna said.

"It's an immensely enriching experience," added Gareth.

GILBERT NGABO/METRO



Gareth and Dayna Callaway say the experience of hosting Syrian refugees has brought out the very best in their own family, enriching their lives and their children's.

GILBERT NGABO/METRO

+ CALL TO ACTION

Donations can be made to help A Good Start's efforts to reunite more of Tamador's family through Hu-

manity First Canada. Further details are available at: facebook.com/Agoodstart.

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make full house a fun one



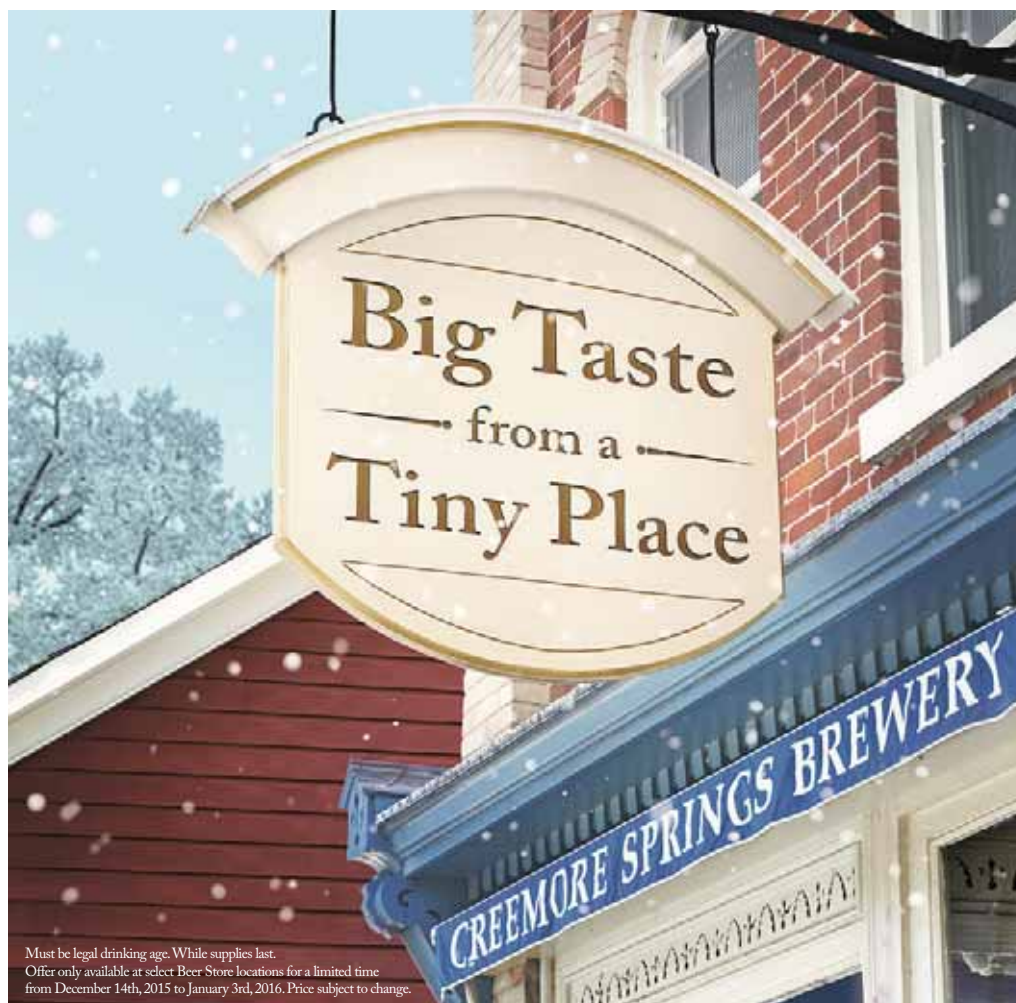
1 Ahmad, 8, shows Emma, 9, a move on an iPhone game.

2 Tamador, mother of five, says she and the Callaway family are taking turns cooking both North American food and Middle Eastern dishes.

3 Budur, 12, and Emma, 9, play together in the family living room.

4 Mohammed and Ethan, both 11, join a family friend playing with Jenga blocks in the Callaway home.

5 Ethan, 12, works on bringing some order to a pile of donations for the Syrians supplied by neighbours and friends.



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Top brewer bringing pub to city

EAST END

Upper Beach to welcome Luc Lafontaine's 'beer lab'

Celebrated Montreal brewmaster Luc (Bim) Lafontaine is opening a new brew pub in Toronto's east end — and the future brewery is being lauded by a project insider as an exciting “beer laboratory” for the city.

Lafontaine was the head brewer at Dieu du Ciel!, a Montreal brewery that has crafted some of the best-ranked beers in the world in recent years.

Isaac Tremblay, president of Trou du Diable, a microbrewery and pub in Shawinigan, Que., that is investing in Lafontaine's project, confirmed it was in the development phase.

“It's a concrete project. That's about all I can tell you for the moment,” Tremblay told Torstar News Service on Tuesday. “It's really preliminary.”

Tremblay said the pub's logo, food menu and name have not been chosen and negotiations for equipment are ongoing. Or-



A Luc (Bim) Lafontaine Facebook photo, which he captioned: “Paying my respect to the homebrewers today. Thank you guys for joining me on my last Japan brew!” CONTRIBUTED

ganizers don't have a scheduled opening date.

The future brewpub will be at 242 Coxwell Ave. in Toronto's Upper Beach and about 6,000 square feet, as first reported in Ben Johnson's beer blog.

That's about one kilometre from Left Field Brewery, which was established in 2013 and is now entrenched in the east end as part of a growing wave of popularity in the city for craft beers and brew pubs.

The initial news caused a stir among beer connoisseurs, who are excited for Lafontaine to bring his celebrated craft brews to Toronto.

Lafontaine has “made a name for himself making beers that

were fairly universally considered among Canada's, if not the world's, best,” Johnson wrote.

Lafontaine worked for years as the head brewer at Dieu du Ciel! before going to Japan to help launch a project there.

Shortly before he left Canada, Lafontaine worked with Bellwoods Brewery on an Imperial IPA called Last Splash. He also recently collaborated with Great Lakes Brewery on a German Helles beer called Hydration Helles.

Lafontaine told Torstar on Facebook it was “way too early” to talk about the project in detail.

On Twitter he wrote, “Still loads of work and months ahead. One thing at the time. Cheers!”

He shared a photo of the Toronto location on Facebook with the caption, “Before ...” In a comment below the photo, he said he hoped the brew pub would be open “in 2016.”

Tremblay, meanwhile, told Torstar the project is entirely in Lafontaine's hands.

“We believe in Bim, in his talent and in his passion. The identity of the brewery, the recipes that Bim will make, the direction that it will take, it's really in the spirit of what Luc wants,” Tremblay said.

He said Lafontaine's connections with other brewers will make the new brewery “a really nice laboratory” for beer-making and an ideal spot for brewers to collaborate. **TORSTAR NEWS SERVICE**

INTERNET

Councillor makes the case for municipal domain name



Luke Simcoe
Metro | Toronto

It looks like the T-dot won't be getting its hands on dot-T.O. any time soon.

Coun. Paul Ainslie is pushing the city to apply for a municipal top-level Internet domain, like a “.com” for Toronto.

But his preferred domain, “.to,” is already owned by the Polynesian country of Tonga. It's possible to register websites using the domain — Dine.to is a popular example — but doing

so requires paying Tonga for the privilege.

“I'm sure we can find a domain name that works for everybody,” Ainslie said.

Doing so would help people find local businesses online, Ainslie said, or allow the city to create neighbourhood websites, like Leslieville.toronto, showcasing useful information and events.

Toronto won't be able to apply for a domain until the next round of top-level domain applications is opened by the Internet Corporation for Assigned Names and Numbers, possibly in 2018, said Richard Schreier, a product

+ ALTERNATIVES

— Ainslie suggested the city adopt an Internet domain like “.toronto” or “.six”.

— Schreier suggested “.gta,” though he said “.toronto” would be preferable because “there's an automatic affinity there. It spells it out more to the consumer.”

manager at the Canadian Internet Registration Authority.

CITY HALL

Warm weather helps save plow budget for a snowy day

A lack of white is helping the city stay in the black.

Thanks to the recent spate of warm weather, city officials expect to balance the snow plowing books by the end of the year — and that's despite a snowy start to 2015 that saw most of the \$85-million budget disappear.

“Last year at this time, we

had 70 centimetres of snow. This year we have pretty much zero,” said Trevor Tenn, manager of road operations for the city.

Between Nov. 1 and Dec. 15, 2014, Tenn said the city had spent \$1.2 million on salt alone. This year during the same time, a quarter of that was spent.

Even though the city isn't plowing, Tenn said keeping

vehicles and equipment ready to go in case of a snowfall still costs money.

He's confident, however, the department will come in at or under budget come Jan. 1.

In the unlikely event that there's a surplus in the snow budget, Tenn said it will be put into a reserve fund.

LUKE SIMCOE/METRO

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MUSIC

Vortex Records hears the fat lady sing

Bert Myers has been sling-
ing vinyl longer than he can
remember.

"Recently my daughter re-
minded me she was 33 and
that I launched the store be-
fore she was born. And I said,
"Thanks for the marker, kid."

Vortex Records — a legend
among Toronto's vinyl vul-
tures and an institution in its
own right — first materialized
in the early 1980s, and since
then Myers has ridden the



A steady stream of
customers make their way
through the stacks.

RICK MADONIK/TORSTAR NEWS SERVICE

music industry turntable full
circle. Now, having weathered
analog's wax and wane and
in the midst of its undeniable
resurgence, he's bowing out.

"It's renaissance time for
records. It's the new blood,"
Myers says, his gaze resting
on a worn copy of Ol' Blue
Eyes Is Back by Frank Sinatra.

Indeed, record stores have
been mushrooming across
Toronto. At least six spots
have sprouted up in the

past four years. Newcomers
like LP's LPs, June Records,
and the Tiny Record Shop
in Roncesvalles, Little Italy
and Leslieville, respectively,
have emerged alongside old
standbys like Sonic Boom and
Kops Records.

"They stole the measure on
me. I was sleeping," says My-
ers, adjusting his translucent
spectacle frames. "I missed
some portion of this wave."

TORSTAR NEWS SERVICE

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Restaurant owner Ruthie Cummings pours a beer.

STEVE RUSSELL/TORSTAR NEWS SERVICES

Raffle win may be risky

DAS GASTHAUS

Labour complaints could transfer with pub

The winner of a German gas-
tropub being raffled off just
before New Year's may have
to deal with more than the
average fledgling restaurateur.

Whoever is chosen as the
new owner of Das Gasthaus on
Danforth Ave. — current owner

Ruthie Cummings
is set to draw the
winner Dec. 30 —
may also be on
the hook for set-
tling, and paying
out, labour com-
plaints with for-
mer employees.

Das Gasthaus
is the subject of
eight complaints
to the Ministry
of Labour, two of
which have not
yet been resolved.

It is unclear who will be
responsible for dealing with
them after the restaurant chan-
ges hands.

"With a sale of a business,
liability of the seller may trans-
fer through to the purchaser
or new employer," Ministry
of Labour spokesperson Janet

Deline said in an email.

"The scenarios involving a
sale of a business are complex
and would require an employ-
ment standards officer to de-
termine who is responsible for,
let's say, the payment of wages
or anything else."

Cummings said she is await-
ing information about the
two claims, which she called
"small." She said she is confi-
dent they will be resolved in
her favour.

Regardless, she says, the
claims will not be transferred
to the new owner.



**With a sale of a
business, liability
of the seller may
transfer through to
the purchaser or
new employer.**

Janet Deline,
Ministry of Labour

"The respon-
sibility of any
MOL claims
are still mine
as they occurred
on my business
corporation. As the Direc-
tor, after the
corporation is
dissolved, I be-
come person-
ally responsible,"
Cummings said
in an email.

"This is regardless of who is
the new owner of the loca-
tion... Simple as that."

As a "goodwill gesture,"
Cummings says she has also
decided to donate \$15 from
the sale of every raffle ticket
to the Centre for Addiction
and Mental Health.

TORSTAR NEWS SERVICE

Last-minute lists to rescue Christmas

Five tips for late Christmas shopping that will let you avoid the mall

Luke Simcoe/Metro

Stick with well-known websites for online shopping

Many big-name e-commerce sites won't make you feel like a fraud for shopping late. Heck, Amazon even offers same-day shipping as late as noon on Christmas Eve.

Printable gifts Costco.ca offers a few gifts, including movie coupons and spa packages, that can be printed at home and redeemed later.

Personal coupons If you're fresh out of options, why not make personal coupons for friends and family for

things like dinner out or help around the house? Sometimes, the promise of spending time with someone can be the best gift to give.

De-clutter with Christmas

Take beloved items from your home and wrap them up for those you love. It's not necessarily re-gifting or tacky, if you choose a valued item that you cherished but no longer need. A note explaining why you chose the gift, and why you loved it enough to bring it home in the first place, makes it that much more personal.

Convenience stores are (almost) always open

If all else fails, you can always swing by a corner store or the gas station on your way to Christmas dinner. They're often stocked with calling cards or iTunes gift certificates. Your in-laws will be thrilled.

Charitable efforts that could still use your help

Gilbert Ngabo/Metro

Vaunley Clothing Drive

The Vaunley Street YMCA collects winter clothes to keep the city's homeless and street youth dry and warm. Items such as coats, hats, scarves, gloves, new socks and boots can be dropped off at their office (7 Vaunley St., near Queen and Spadina).

Lifeline Syria The Toronto organization has been at the forefront of helping sponsors get organized and helping Syrian refugees settle in the city. Cash donations are still welcome and can be made through the Toronto Foundation. See lifelinesyria.ca.

Food banks Whether you're in downtown Toronto or the suburbs, there's an organization that needs help. Yonge Street Mission, Toronto Vegetarian Food Bank, Daily Bread and Second Harvest are just some of the groups to consider.

New Circles The charity focuses on helping low-income families and new

immigrants, especially in the neighbourhoods of Victoria Village, Thorncliffe Park and Flemingdon Park. Donations of clothing, children's books, shoes, sheets, towels, toys and jewelry are appreciated. More info at newcircles.ca.

Canadian Diabetes Association The charity accepts all sorts of donations, from computers and cell-phones to footwear, sleeping bags, sports equipment, toys and books. They sell the donated items to Value Village, and proceeds are used for diabetes research, education and services. More information at diabetes.ca.

Options if you just aren't 'feeling it'

Liz Beddall/Metro

Ripley's Aquarium of Canada Hide away from the holly jolly of Christmas by diving into the underwater world of Ripley's Aquarium. It's open 365 days a year.

Dim sum Many Chinese restaurants stay open throughout the holidays, so head to your favourite spot and binge away on these classic dishes for those not keen on the ho-hum turkey and trimmings.

Movies Movies sans the merry are in no short supply this holiday season. Trade the carols and candy canes for such films as *The Hate-ful 8*, *The Big Short* or *The Revenant*. Or, maybe, just maybe, *Star Wars*.

Andy Warhol: Stars of the Silver Screen Need a little less green and red? Try a burst of neon yellow. TIFF's Andy Warhol exhibit, which showcases some of the famous artist's Hollywood memorabilia, photographs and art, is open from noon to 6 p.m. on Christmas Day.

Fly south If all else fails, you could also check for last-minute direct flights to saltwater, sunshine and seashells — and remember that travel is famously less expensive on Christmas Day.



Ways to get a last-minute burst of Christmas on Christmas Eve

Liz Beddall/Metro

Nathan Phillips Square

Strap on a pair of skates for one last lap around the sparkling rink before Santa arrives. Skate rentals are available until 10 p.m.

Christmas Carol Concert at city hall

Enjoy an hour-long choral concert in the rotunda of city hall featuring All The King's Voices, the Toronto Beaches Children's Chorus and Toronto Mass Choir, followed by a visit by Santa. It starts at 11:30 a.m.

Fairmont Royal York Hotel Stuff yourself with a Christ-

mas Eve prix-fixe feast at the luxury hotel's EPIC restaurant that includes options like Christmas roasted Cornish hen and roasted 'yuletide' bass.

Christmas Eve at the Berkeley Kicking off at 7 p.m., this all ages event at the Trinity Life Church will include food, festive music and prizes.

Soulpepper's A Christmas Carol Catch a Christmas Eve performance of the classic holiday tale at 1:30 p.m. at the Young Centre for the Performing Arts.



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WEATHER

Cities to get green holiday

Half of all Canadians will see a white Christmas this year, in what The Weather Network's chief meteorologist is calling "a tale of two seasons."

While most of Canada's landmass will be blanketed in the requisite two centimetres of snow to reach white Christmas status,

"you can pretty much divide the population right down the middle," Chris Scott said, explaining that most of Canada's major cities will be green on Christmas Day.

Scott said that southern Ontario straight through to Atlantic Canada will be snow-free, and some areas can even expect rain on Christmas Eve.

But from northern Ontario to British Columbia, it's a different story, he said. In those regions — excluding Vancouver and Victoria — the ground will be snowy.

But, he said, there shouldn't be any "big-ticket storms" on Christmas Day.

THE CANADIAN PRESS

TECHNOLOGY

ISIL to build its own app

Defence contractors and security groups are warning that the Islamic State of Iraq and the Levant (ISIL) is developing its own smartphone app.

The app can be used on Android devices and gives access to the online portal Amaq News Agency, which western intelligence officers, who spoke on background, claim is associated with ISIL's propaganda arm.

The app also contains written accounts of life under the self-declared caliphate, battlefield reports, statements on executions and, perhaps most importantly, videos.

Canada's top military commander, Gen. Jon Vance, says the app doesn't represent some great technical achievement but is a concern as a tool for possible radicalization.

ISIL's online reach seemed to know no bounds in 2015, with brutal YouTube video executions, Twitter messaging and even old-fashioned chat rooms.

THE CANADIAN PRESS



Drone enthusiast McKinley Raham lost his drone in a Toronto park, but was reunited with it after he made lost pet-style posters. Transport Canada wants to make sure new pilots know the rules and risks around operating the machines. TODD KOROL/TORSTAR NEWS SERVICE

Gifting drones has regulators nervous

TRANSPORTATION

UAVs a risk to manned aircraft, says director

A new toy under the tree this year is making Transport Canada nervous.

On Christmas morning, it's expected thousands of drones will be unwrapped and take to the skies in test flights across the country, all piloted by newbie aviators.

With the "exponential"

growth of the drone industry, the federal regulator wants to make sure the new pilots — and they are indeed pilots — know the rules and risks around operating their new machines.

"Our real concern given the growth in this industry is around the risk to aircraft in the air and to people on the ground," said Aaron McCrorie, Transport Canada's director general of civil aviation.

McCrorie said few recreational drone operators have any training. "Ignorance is perhaps our biggest challenge. People don't know what it means to operate safely," he said.

The caution comes at the end of a year when commercial pilots have reported a growing number of worrisome encounters with drones,

also known as unmanned aerial vehicles (UAVs). At times, they are just a nuisance. In November, a "concerned citizen" in Cambridge reported a drone flying low overhead. "The drone was flying just below the street lights and over people's heads and very close to residences," according to a preliminary

Transport Canada report.

Transport Canada has launched an awareness campaign to promote the safe operation of drones.

The proposed rules would set out required training and age restrictions, depending on the type of drone and where it would be flown. For example, the rules don't allow drone flights within nine kilometres of an airport. TORSTAR NEWS SERVICE



Close calls with drones

1 May

An Air Canada jet at Toronto's Pearson International Airport deviated from its flight path to avoid a UAV flying directly in the busy departure route.

2 July

The pilots of a Jazz Airlines Dash 8 turboprop reported a near miss with a drone during their arrival at Edmonton International Airport. The crew initially thought it was another aircraft but as it passed below and to the left, the captain identified it as a UAV travelling in the opposite direction.

3 August

Water bombers fighting a forest fire in B.C. were grounded for several hours after a drone was spotted in the area. Afterward, the B.C. government said it would consider changing its Wildfire Act to possibly punish irresponsible drone operators.

LEGALIZATION

Canadians with cannabis convictions want pardon



Marcus Richardson
DARRYL DYCK/THE CANADIAN PRESS

Marcus Richardson is, in the eyes of the law, a criminal.

Never mind that a judge ruled the six kilograms of cannabis police found in his car was for severely ill patients at a medical marijuana dispensary.

Or that the same judge imposed only a minimum sentence because anything more would fail to maintain "a just, peaceful and safe society."

He's a criminal — and so are scores of other Canadians who face barriers to travel and work because they were caught with a drug that the government now

intends to legalize.

"My charge wasn't like, 'He was practising civil disobedience at a place that was helping sick and dying people improve the quality of their last days on earth,'" Richardson said.

"If the charge read like that, I'd have no problem with it. It reads like, 'I'm a marijuana trafficker.'"

Canadians with criminal records for marijuana crimes are eagerly waiting to see if Prime Minister Justin Trudeau will offer pardons when pot is legalized. Tens of thousands are charged with possession every year, and

if convicted face consequences that can be devastating.

Richardson was driving across Vancouver's Lions Gate Bridge in 1998 when police stopped him at a roadblock and found several kilograms of marijuana and \$6,000 in his trunk.

A judge found the drugs were intended only for B.C. Compassion Club Society members. But he was convicted of possession for the purpose of trafficking and received a suspended sentence and six months' probation.

Today, the 42-year-old father of three holds a federal licence

+ BACKGROUND

The previous Conservative government overhauled the pardon system in 2012, making it more expensive and rigorous. Pardons seal a criminal record to allow offenders who have lived crime-free to reintegrate.

to grow and possess marijuana and runs a business selling equipment for medical cannabis users.

THE CANADIAN PRESS

IN BRIEF

Students killed in shell attack on Syrian school

The Syrian government and an opposition monitoring group say that at least nine students have been killed and several wounded by a mortar shell that slammed into their school in the northeastern city of Deir el-Zour.

Syrian TV says the shell that hit the Harabesh elementary school for girls in a government-held part of the city on Tuesday was fired by "terrorists" — the term the government uses for all armed groups fighting against its forces.

THE ASSOCIATED PRESS

U.K. sends advisers to Afghan district under siege

Fierce battles were underway Tuesday between Afghan forces and the Taliban in southern Helmand province, where the insurgents have almost completely captured a strategic district as Britain deployed military advisers to the restive area.

A British Ministry of Defence statement late Monday said that "a small number of U.K. personnel" have been deployed to Helmand "in an advisory role."

THE ASSOCIATED PRESS

Human-rights abuses alleged in Burundi

A group says independent experts should investigate Burundi's forces for alleged human-rights violations, including extra-judicial executions, rape and looting in the unrest over President Pierre Nkurunziza's extended tenure.

Amnesty International called Tuesday for investigations as Burundi's top security body rejected the African Union's plan to deploy peacekeepers to the central African nation to prevent the violence from escalating.

THE ASSOCIATED PRESS



Migrants arrive on the Greek island of Lesbos on Nov. 2 after crossing the Aegean sea from Turkey's coast.

THE ASSOCIATED PRESS

Over 1M migrated to Europe in 2015

REFUGEE CRISIS

Majority travelled by sea, say experts

More than one million people — driven out of their countries by war, poverty and persecution — entered Europe in this record-breaking year, migration experts said Tuesday, a symbolic milestone capping a mass movement of people that has challenged the concept of European unity.

With just days left in 2015, the Geneva-based International Organization for Migration said

1,005,504 people had entered Europe as of Monday, more than four times as many as last year. Almost all came by sea, while 3,692 others drowned trying to make the crossing.

IOM director-general William Lacy Swing urged European governments to make migration safer.

"We know migration is inevitable. It's necessary and it's desirable," he said, adding: "Migration must be legal, safe and secure for all — both for the migrants themselves and the countries that will become their new home."

The IOM compiles the numbers from government records

in Greece, Italy, Bulgaria, Spain, Malta and Cyprus, spokesman Joel Millman said. He noted that the real number of people entering Europe may be even larger, because authorities are struggling to track all arrivals given the sheer volume.

Most people entered Europe via Greece, which took in 820,000 people this year, nearly all of them crossing from Turkey by boat across the Aegean Sea.

Another 150,000 came

50%

About half of the people entering Europe were Syrians, while 20 per cent were Afghans and 7 per cent Iraqis, IOM said.

into Italy across the Mediterranean from north Africa, while smaller numbers crossed from Turkey by land into neighbouring Greece and Bulgaria.

Much smaller numbers arrived by boat to other Mediterranean countries.

Others — not accounted for in the IOM tally — crossed

into Europe across other borders, such as a route from Russia to Norway where a few thousand people have crossed by bicycle.

RESEARCH

The science of Rudolph

Everyone knows Rudolph has a red nose but what about his eyes?

Prompted by questions from his four-year-old daughter, anthropology professor Nathaniel Dominy of Dartmouth College in Hanover, N.H., recently wrote a scholarly paper on how the unique properties of reindeer eyes might explain the advantage of having a very shiny nose, particularly if it produces red light.

Reindeer eyes include reflective tissue that appears to glow when light hits it. In reindeer, the tissue changes from a golden colour during the summer to a deep blue in winter.

"What happens is that at night, the animals are trying to dilate their pupils to allow as much light into the eye as possible, and because those muscles are so active, it actually blocks little valves in the eye," Dominy explained. "The pressure in the eye builds up and compresses that tissue in the back of the eye, which causes the refractive properties to change."

While that change could boost an animal's ability to spot food in the snow when daylight in the Arctic is dim and purplish, it would be a distinct disadvantage on a foggy Christmas Eve because fog blocks blue light, Dominy said.

Enter the red nose. Of all the colours, red light travels through fog fastest, making it ideal for guiding Santa's sleigh.



A reindeer grazes at the California Academy of Sciences in San Francisco.

THE ASSOCIATED PRESS FILE

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Ski resorts await snow

HOLIDAY ACTIVITIES

Unlike in the east, white stuff piling up in the west

A reversal of fortunes is afoot in Canada as the snow continues to pile up at western Canadian ski resorts while the grass is still on display on slopes in the east.

The conditions are in contrast to the past couple of years when warm winters wreaked havoc at many western ski resorts while frigid and snowy conditions in the east ensured hills packed with skiers and snowboarders.

Blue Mountain ski resort in Collingwood, Ont., north of Toronto, was all set for a Nov. 27 start date, but the snow just didn't show up — and hasn't in other parts of Ontario and Quebec either. "We were all ready for the 27th; nature was not," said Tara Lovell, public relations manager for the resort.

The conditions are in stark

contrast to free-falling snow in the West.

The heavy snowfall is being welcomed at Mount Washington on Vancouver Island, which was forced to close early the past two seasons due to lack of snow.

Mount Washington has already had over 300 centimetres of snow in December, allowing it to open its more technical terrain after a two-year hiatus and attract more skiers.

In the Rocky Mountains, the snow is also falling fast to the relief of resorts like Castle Mountain that were also forced to close early last year.

And so far, Alberta's economic downturn doesn't seem to have had an impact on the ski resorts, with Sunshine Village near Banff, Alta. showing a 10 to 15 per cent increase in ticket sales, says Lindsay Gallagher, marketing co-ordinator for the resort. She said more Albertans are staying closer to home this season rather than travel for vacation, helping to boost season-pass sales.

THE CANADIAN PRESS



POLLUTION ITALIAN CITIES STRUGGLE TO DEAL WITH SEASONAL SCOURGE Smoke billows from chimneys in Milan Tuesday, adding to Italy's seasonal air pollution that has been worsened this year by long spells of no rain and little wind. Milan, joining efforts to battle pollution, is limiting the use of diesel cars and has asked residents to turn down thermostats by 1 degree while parents accompanying their children to and from Milan's schools can ride free on buses and trams. Meanwhile, Rome, as it has done several times this fall, is limiting the number of cars and motorcycles on its roads using a system based on license plates. And in northern Turin, public transport was free for two days this month to try to entice commuters away from cars. LUCA BRUNO/THE ASSOCIATED PRESS

WHISKEY WARS

Fireball lawsuit doused

Heated competition between producers of cinnamon whiskeys has cooled off, with Sazerac dropping its lawsuit against Jack Daniel's. Sazerac — whose brands include Fireball Cinnamon Whisky — had accused its rival of trademark infringement by using the term "Fireball" in on-line advertising for cinnamon-flavoured Jack Daniel's Tennessee Fire.

THE ASSOCIATED PRESS
Jack Daniel's now sells a line of flavoured products.
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Cover your cough
Research shows this year's MERS virus outbreak in South Korea was due largely to "superspreaders" — social butterflies who infected up to 80 other people.

URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION I say it's OK to use emoticons in emails. My mom says no way. What do you say? — :)

Dear Ellen,
I say it's OK to use emoticons in emails. My mom says no way. What do you say?

:), Vancouver
Dear :),
If you're sending an invitation to a karaoke birthday party, the more emoticons/emoji the better. But if you're submitting a résumé or student application, best to avoid them. Then again, if the place you're applying to is clown school, then yes, go emoticon go.

As with many matters of etiquette, it depends.

Personally, I have no problem with emoticons in emails, which (unlike image-based emoji) are made with letters and symbols and can be fun and creative. ^_^

In fact, I wish I'd learned to use :D and ;) and :) and :P years ago when email was new and people were forging the proper approach to on-line etiquette.

For famously rude old-school journalists, the cursory way we dealt with each other in person and on paper only got worse with electronic communication. Though fussy about spelling and punctuation in published articles, our emails were and still are sharp, direct and barely literate, because, you know, our time is so damn valuable. (Also, no one is paying us by the word in an email.)

For my non-journo friends, however, this "quick, efficient" approach

An emoticon is most definitely recommended ... if there's any risk of misunderstanding.

was often perceived as "curt, rude and offensive." I've now learned that when a tight deadline or a long meeting does not permit sending a proper email, I can at least take the time to add a friendly smile or cheerful exclamation point to a one-word message in order to signal goodwill until I have more time to write or call.

An emoticon is most definitely recommended if you can't resist jocularity and there's any risk of misunderstanding. The difference between "Thanks a lot, hate you too" and "Thanks a lot, hate you too ;P" is vast.

As for more elaborate emoticons, I usually steer clear. For one thing, they

take too much shift-hunting and option-pecking on the keyboard. For another, they can be misconstrued. When you write, "Yes I did see the vicious reviews of my work on Twitter" and then add +_+ it's not really clear if the emoticon means "No comment" or "I am so freaked out, I got wasted and now I'm in a coma."

Finally, a word about image-based emoji. They're sometimes annoyingly inevitable, as when programs automatically translate your :) emoticon into a trademark happy face. And Google's decision to replace Gmail's retro emoji with grotesque yellow blobs is bewildering. But even those inelegant

shapes can amuse when you're stuck on the bus, idly composing inane messages to close friends or small children.

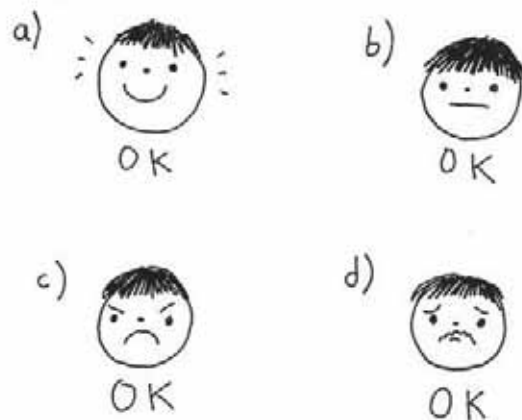
In short, dear :) in Vancouver, when it comes to using emoticons or emoji in emails or elsewhere, use common sense, err on the side of respectful restraint and never, ever use them with your mom.

Happy holidays!



Need advice?
Email Ellen:
scene@metronews.ca

When you texted OK
what you meant was:



Next time, please be more specific.
That's what emoticons are for.

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Here's how to stop Canada Post's slow-motion death march

R. Michael Warren



"We will stop Stephen Harper's plan to end door-to-door mail delivery in Canada and undertake a new review of Canada Post, to make sure it provides high-quality service at reasonable prices to Canadians, no matter where they live."

Of the hundreds of election promises made by Justin Trudeau, this one ranks among the most naive.

Ending home delivery for the one-third of Canadians who still receive it saves Canada Post more than \$200 million a year. It's a key part of its \$700-million Five Point Action Plan to make the corporation profitable.

The Liberals' "fully costed" campaign platform doesn't mention compensating Canada Post. It's as if the corporation can somehow lose \$200 million in savings and not slide back into operating losses — covered by taxpayer subsidies.

The "new review" of Canada Post implies there is a silver bullet that will allow it to deliver fewer letters to a growing number of addresses at a reasonable price.

The Harper government allowed Canada Post to struggle for years with a "Transformation Plan" that failed to deliver the promised financial and service results.

It hired Moya Greene, an executive with privatization experience, to head up Canada Post in 2005. She proposed a gradual privatization. The corporation was profitable, debt-free, worth about

\$1.5 billion and had a fully funded pension plan.

Harper failed to act when the conditions were most favourable. By 2013, Canada Post was bankrupt. Its pension plan was underfunded by \$6.5 billion. (All these financial obligations are guaranteed by Canadian taxpayers.)

The Harper government said if Canada Post would implement the tough five-point plan, it would receive four years of relief from making up its pension deficit. This delays but doesn't reduce the obligation.

The plan relies on rate increases and savings from removing home delivery. With pension obligations temporarily lifted, it produced a short-term profit last year. But by the middle of this year, it was again facing losses.

So Canada Post may soon be looking to the government for subsidies to continue letter mail service, something Trudeau neglected to mention. Meanwhile, its pension deficit swelled to \$6.8 billion.

Cheaper competitors can make money on all but remote rural routes. It's cheaper to pay them for this than to support Canada Post's monopoly. Canada Post should sell its 90 per cent, \$1.5-\$2-billion stake in Purolator and be privatized, with the proceeds going to its debt and pension shortfall.

Trudeau should end Canada Post's death spiral with real changes that should have been implemented years ago.

R. Michael Warren is a former corporate director, Ontario deputy minister, TTC chief general manager and Canada Post CEO.

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Savoury pies a winter delight

NEW COOKBOOK

This book of 100 recipes will warm your belly all season

Members of Team Pie will love Dinner Pies — a 100-recipe book devoted to savoury pies to get them through the winter.

Focusing on hearty meat- and root-vegetable-based pies presented as a full meal, Dinner Pies' (\$36) first chapters are a primer of essential tools and ingredients for pie crusts, tips on rolling out the dough, and a dozen recipes for the crusts used throughout the book (sorry, no vegan options).

From there, about 100 recipes for savoury pot pies, hand pies, turnovers tarts, quiches, galettes, and cobblers fill the 269-page book. Classic pies — sausage and Guinness, Shepherd's pie and asparagus and goat cheese quiche are covered along with some more, ahem, American entries like Fritos chili pot pie, Tex Mex chicken tortilla pie and taco pot pie. You'll have to look at the author's previous books for the sweet pies.

Ken Haedrich is the man behind The Pie Academy website (thepieacademy.com), an online recipe hub and shop for all things pie-related. He's also written half a dozen other cookbooks centred

on American comfort food (he is from North Carolina, after all).

The Curried Chicken is Haedrich's "favourite chicken pot pie recipe."

Curried Chicken Pot Pie

There's enough filling here to make three or four individually sized pies. Cover extra filling with aluminum foil and store in fridge for an easily reheated dinner. The curry adds aromatics but not much heat, so if you want it spicy, add 1 tsp cayenne.

Ingredients

- 3 boneless, skinless chicken breasts
- 1/4 cup (1/2 stick) unsalted butter
- 1 cup finely chopped white onion
- 1 1/2 cup peeled and finely diced carrot
- 1 cup finely diced red bell pepper
- 1/4 cup all-purpose flour
- 2 tbsp mild curry powder
- 1 3/4 cups no-salt added chicken broth
- 1 1/4 cups whole milk or half-and-half
- 1 cup canned chickpeas, drained and rinsed
- 1 cup frozen peas
- 1/3 cup canned pumpkin puree (not pumpkin pie filling)
- 1/2 tsp table salt
- 1/4 tsp black pepper
- 1 large egg beaten with 1 Tbsp whole milk or half-and-half (to brush on top of pie crust)

Directions

Bring a medium-sized pot of water to a rapid boil over medium-high heat. Add chicken breasts and cook until no longer pink in middle, about 10 minutes. Remove from heat. Let cool to room temperature and dice into small cubes. Set aside.

Melt butter in a large pot over medium heat. Add the onion, carrot and pepper. Cook until vegetables soften, 10 minutes.

Add flour and curry powder. Stir, 1 minute. Add chicken broth slowly, stirring frequently to dissolve curry powder and flour. When broth thickens, add milk. Continue to cook at a slow simmer another 3 minutes, stirring frequently to prevent burning.

Stir in chicken, chickpeas, peas and pumpkin puree. Add salt and pepper. Taste. Adjust seasoning as needed. Continue cooking until the liquid in the pot becomes a thick gravy.

If making more than one pot pie, divide the filling into oven-safe ramekins or small pans that can each hold about 1 to 1 1/4 cups of filling. Make sure to leave a bit of room for the pie crust on top. Set aside.

Divide the pie dough ball into the number of pie pans you are using. On a lightly floured surface, roll out each dough ball



This curried chicken pot pie is The Pie Academy's Ken Haedrich's favourite chicken pot pie recipe. CONTRIBUTED

with a lightly floured rolling pin until the dough is slightly bigger than the diameter of the pie pan. Drape the flattened dough over the top of the pan, pressing any extra dough on to the side of the pan to seal the pie. Using a fork or a knife, poke two or three

holes in the centre of the crust. Repeat for the other pies.

Lightly brush the dough with the egg mixture.

Place the pot pies on an unlined baking sheet in the oven. Bake at

375 F for 35 to 45 minutes, until crust is golden-brown and filling is bubbling hot. Place on a cooling rack for at least 15 minutes before serving.

Makes 4 servings.
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Taste of the True North

Chef Derek Dammann and food writer Chris Johns spent more than three years travelling Canada coast-to-coast to capture the flavour of our nation

Revvng up a snowmobile to cook beans with its muffler was just one adventure had by chef Derek Dammann and writer Chris Johns while researching their stunning new book, True North.

But after a few hours touring a rural Quebec bush on a glorious -25 C day, the beans in their Muffpot cooker were still cold.

"There was a huge acreage and we went in the field, just 80 kilometres an hour, zoom, trying to get the engine hot enough to cook the beans," recalls Dammann.

They ended up cooking them on a stove.

"I do not endorse the Muffpot. They've got to make some serious changes," Dammann adds, chuckling.

In the foreword of True North: Canadian Cooking From Coast to Coast (HarperCollins Publishers Ltd.), British celebrity chef Jamie Oliver writes a laugh-out-loud introduction to his friend of more than a decade.

The two chefs first met when Dammann lunched at Oliver's Fifteen restaurant in London, the day before he was due to fly back to Canada at the end of a trip to study European food. Despite "alarm bells ringing" that Dammann was "showing all the signs of an obsessive stalker," Oliver writes he agreed to

Dammann's proposal to don an apron for a stint in the kitchen that night.

At midnight, when an impressed Oliver said he would have given him a job as a senior chef if he wasn't leaving the country, Dammann shouted, "I'll take it," cancelled his flight and worked at Fifteen for three years.

"Damn, that boy can cook,"



Bagna Cauda with Winter Vegetables. THE CANADIAN PRESS



Writer Chris Johns, left, and chef Derek Dammann were inspired by Canadian ingredients — from East-Coast cod, to spot prawns out West, to pulses and lentils on the Prairies. THE CANADIAN PRESS

Oliver writes. "I really think he's up there with some of the absolute best chefs in the world."

Dammann laughs about Oliver's foreword during an interview at the publisher's Toronto office.

"I was ready to dance with it, just whatever it was, accept it, but then it's even funnier," says Dammann. "He calls me a virgin and a psycho. It's funny."

Oliver later invested in Dammann's 50-seat Montreal restaurant Maison Publique, which opened just over three years ago and is quintessentially Canadian.

"There's a few artistic liberties, like there's olive oil and lemons and stuff like that. But 90 per

cent of the menu is Quebec in the seasons," says Dammann, whose former Restaurant DNA featured nose-to-tail eating.

True North, which alludes to the national anthem in its title, celebrates Canadian food through the experiences of Dammann and Johns, who spent 3 1/2 years gathering material for the book.

"There's a stereotype to Canadian food for sure, just like BeaverTails and back bacon and the poutine and ... doughnuts. Everyone's seen (the film) A Strange Brew and you get the idea of what everyone's vision of what Canadian cuisine is," says Dammann, who grew up

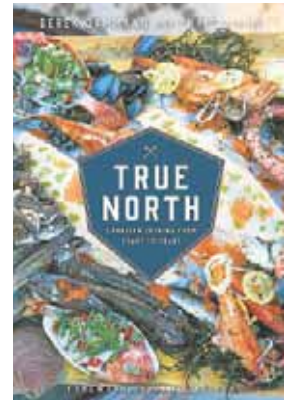
in Campbell River, B.C.

"But we just wanted to show through our eyes — with the ingredients and the travel and the stories — the way we look at it."

The chapters are arranged by ingredients from the locations that inspired them — Atlantic, Forest, Field, Farm, Orchard and Vineyard, and Pacific — and illustrated with gorgeous food and landscape photos.

The duo elected to start their odyssey at the Roots, Rants and Roars Festival in remote Elliston, N.L., which Johns calls the root cellar capital of the world.

While in the province, they hauled in cod in the drizzle outside Quidi Vidi Gut, had a trad-



itional Jiggs dinner in a church gymnasium, and marvelled at the resources available to area chefs, from shellfish to moose to ptarmigan.

On the West Coast, they gained an appreciation for the dedication of fishermen while hunting for spot prawns. The crustaceans were previously mostly exported but have become prized among seafood fanciers.

Dammann, who's used to long days on his feet as a chef, found three days on the boat exhausting.

"One thing about all the people we met with — fishermen or winemakers or farmers or other chefs — is just they all share that in common, just this incredible amount of work, and hard work, that they do," says Johns.

The Toronto-based freelance food and travel writer found the Prairies fascinating.

"These days people are kind of focused on this idea of obscure foraged vegetables from the side of the ocean, or those are kind of the 'cool' things."

"But really what's going on in the Prairies with the lentils and the pulses and mustard and canola, we're feeding the whole world with this stuff," says Johns.

"Those ingredients are often overlooked because they're so ubiquitous."

"But they're incredibly and hugely important to defining what is Canadian cuisine."

THE CANADIAN PRESS



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How to keep resolutions

NEW YEAR

Have a plan to make those promises to yourself stick

Theresa Albert
For Metro Canada



You know how you make the same resolutions every year and drop them by March? Well, this year is going to be different. By planning your resolution success now and being ready for Jan. 2 you will have a much better chance of success.

Resolution 1: Eat more vegetables

Solution: Ask for a juicer for Christmas. These can be a pain in the pants but once you get rolling on it, you will quickly become accustomed to buying a huge batch of vegetables to press once a week. It takes a head of kale, a head of celery, a bunch of parsley and five apples to make a tasty juice that will keep in the fridge all week.

Resolution 2: Lose 10 pounds (also see resolution #1)

Solution: Eating more vegetables will naturally make you feel more energetic and able to displace some of the calories in your SAD (Standard American Diet — yes, Canadians generally have the same SAD diet).

Go through your cupboards now and look for ideas for recipes to use up items like canned beans, veggies and soups. An organized pantry is far more inspiring to cook from so you will be less likely to order in.

Resolution 3: Get more exercise

Solution: Buy yourself those new sneakers/squash shoes/jog bra now while it is on sale and you are out shopping. Don't wait for someone else to find the right size and colour. Heck,

Resolution 4: Quit smoking

Solution: Book yourself an appointment now to see your doctor. Pick up the patch, purchase the gum, post your intention



on your Facebook page and make yourself accountable.

wrap it up all pretty like and surprise yourself with something you really want to find under the tree.

Now that you are ready for your resolutions, remember to enjoy the holiday! It's more about sharing moments and love than it is about having the perfect tree.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

THE SINGLE GUY COOKBOOK

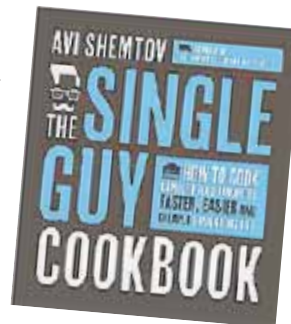
Recipes for one — 'man-centric' style

Are you a single guy? Are you hungry? Do you really wish you knew how to cook? If you've answered "yes" to any or all of these three questions, there's definitely a niche cookbook out there for you. This one comes by way of Avi Shemtov, chef and owner of The Chubby Chickpea, a locally sourced falafel-slinging food truck that treads Boston grounds seven days a week.

Shemtov released The Single Guy Cookbook earlier this year, a guide to "man-centric" recipes (think: Waffle-battered Chicken Tenders and One Guy Stir-fry) with commentary written with a bachelor audience in mind.

However, despite his book's title, the 31-year-old wants readers to know his mission to send singles into the kitchen isn't gender-specific. "Cooking for one person is a challenge, even for the greatest chefs," Shemtov says. "And not that I'm going to rid the world of all the ails of gender roles, but it's the single guy who is often told, 'You can't cook because you're a guy and that's not your thing.'"

He says he found himself offering guidance to his single



male pals and wrote the book in the tone of the tips and advice he's passed on over the years. He adds, "It's sort of a survival guide for the single person."

A great tip? "For sun-dried tomatoes or marinated mushrooms, use the olive bar [at the grocery store] instead of buying jars. The average guy will just leave those sitting in their fridge for months, and you could have paid a little bit by the pound."

While not so single himself — he's got a wife and two kids — Shemtov certainly knows how to cook,

RACHEL RACZKA/METRO NEW YORK

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Slow take on smokin' chili

RECIPE

Chicken thighs steeped in heat make for easy winter treat

One of the greatest secret weapon ingredients is chipotles in adobo sauce. These are smoked jalapeno peppers that have been stewed in a sauce of tomatoes, garlic, vinegar, salt and various spices, such as cumin, oregano and paprika. Luckily, the whole thing — peppers and sauce — is sold in tiny cans at just about every grocer.

The easiest way to use these peppers and sauce is to puree the whole thing. You can just dump the contents of the can right into the food processor or blender. Then store the puree in a sealed container in the fridge. Whenever a soup, stew or a chili (or anything that calls for a little touch of smoky heat) needs a little something extra, in goes a tablespoon or two of the puree.

Speaking of secret weapons, one of the best appliances to earn that description is the slow cooker. For many of us, this



Slow cooker chicken chili. MATTHEW MEAD/THE ASSOCIATED PRESS

handy kitchen cooker takes up permanent residence on the counter during the colder months. The unparalleled pleasure of walking into your home at the end of a long day to be greeted by the scent of a cooked meal is hard to overstate.

In this chili, these two secrete weapons join together to turn juicy and moist boneless, skinless chicken thighs into a somewhat spicy and couldn't-be-easier chili. Chili can be made with ground chicken or turkey,

which we all love, but it's also nice to change it up with real cubes of chicken. This one is a definite weeknight keeper.

Slow Cooker Chicken Chili

Start to finish: 4 to 6 hours on high, 6 to 8 hours on low (15 minutes active)

Servings: 8

Ingredients:

- 1 cup chopped yellow onion

- 2 medium carrots, peeled and sliced
- 4 cloves garlic, minced
- 2 tablespoons pureed chipotles in adobo sauce
- 28-ounce can diced tomatoes, with juices
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- Two 15 1/2-ounce cans black beans, drained
- 3 pounds boneless, skinless chicken thighs, trimmed of fat and cut into 1-inch pieces
- 2 scallions, trimmed and chopped
- Juice of 1 lime
- Kosher salt
- Shredded cheddar cheese or Mexican cheese blend
- Sour cream

Directions:

In a large slow cooker, combine the onion, carrots, garlic, chipotles in adobo, tomatoes, chili powder, cumin and beans. Stir to combine, then add the chicken and stir again. Cook in the slow cooker on high for 4 to 6 hours, or low for 6 to 8 hours. Stir in the scallions and lime juice just before serving. Taste, then season with salt. Serve with shredded cheese and sour cream on the side.

THE ASSOCIATED PRESS

WINE

Perfect pairings for Christmas bird

Peter Rockwell
For Metro Canada



Attention last minute shoppers — if you haven't picked up a bottle for Friday night's food fest you're running out of time.

Doubts about what to buy has probably placed a liquid acquisition at the bottom of your to-do list, so with turkey in mind here are two perfect picks that will work magic with the big bird.

Moselland's 2014 Ars Vitis Riesling (\$11.95-\$15.99) is for the white wine lovers. Off-dry and grape-forward, this easy-going German is a juicy, side dish-friendly pour that comes wrapped in a pretty package that would be right at home under the tree.

Festive fact: The painting on the label is created by the grape grower using wine, not water. Meiomi 2013 Pinot Noir (\$25.99-\$29.99) is for the red

Meiomi Pinot Noir, left, and Moselland Riesling.

CONTRIBUTED

wine lovers. Thick and mouth-filling, this is one yummy California Pinot that really talks turkey.

Festive Fact: Mega wine company Constellation found this brand so tasty they just bought it for 315 million bucks.

Have a safe and happy holiday.

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SEASON RECAP

Fargo series took on a life of its own

Fargo's second season is over, but many of us remain mesmerized by it, as if we were flat on our backs staring up at a UFO.

In the midst of the TV industry's creative and cultural peak, the Calgary-produced show slipped onto the scene and quietly, steadily propelled itself up critics' best-of lists.

The first season of creator Noah Hawley's anthology for FX was tremendous in its own right — it effortlessly shrugged off any expectations viewers had in connection with Joel and Ethan Coen's iconic 1996 film — but Fargo's second season is even better.

Fargo succeeded by using snippets of multiple dramatic constructs to assemble a first-rate, postmodern pastiche that felt familiar and fresh all at once.

In Season 1, Hawley wove elements of the Fargo movie into his plot, paying homage to the Coen Bros.' genius at nearly every turn.

To help give the TV version of Fargo a life of its own, Hawley created unforgettable standalone roles in Season 2 with no connection to the tale that preceded it.

Each had a crucial place in the plot's house of cards; never did you get the sense (as you did in True Detective's second season) that scenes had to be divided equally among the major stars. Instead, you can't imagine Season 2 of Fargo without any of them.

The end result of Hawley's brilliant splicing process intentionally blurred the lines between the movie and the first two seasons — a third season is scheduled for the spring of 2017 — and between objective and subjective reality.

TORSTAR NEWS SERVICE



Kirsten Dunst in Fargo.
HANDOUT

JOHANNA SCHNELLER WHAT I'M WATCHING

Show exposes incompetence

THE SHOW: Making a Murderer, Episode Four (Netflix)

Brendan Dassey, a 16-year-old boy with an IQ of 75, phones his mother from prison in Manitowoc County, Wisc. He's just confessed that he and his uncle, Steven Avery, raped and murdered photographer Teresa Halbach.

"I didn't do it, though," he tells his mother (Avery's sister). "But why did you say it if you didn't do it?" she cries, audibly panicked. "I guessed," Brendan says. "Like I guess at my homework."

You might want to watch this true-crime series behind closed doors, because I guarantee you will be yelling at your screen. It follows Avery's case over a ten-year period. The gross incompetence it exposes — of the police, lawyers, and judges — is breathtaking, and the degree to which they manipulate people and facts is deeply troubling.

Making a Murderer feeds the appetite for true crime stories evinced by the huge successes of the podcast Serial and HBO's miniseries The Jinx: The Lives and Deaths of Robert Durst.

If the first season of the former was about race in America

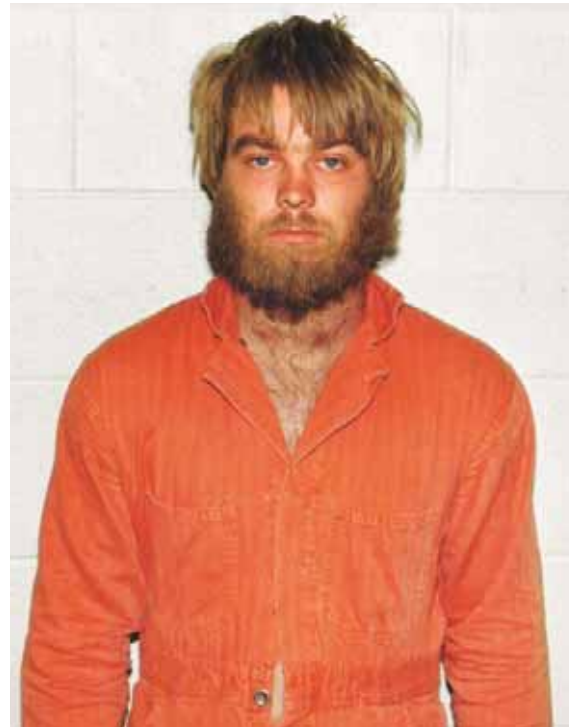
“

You might want to watch this true-crime series behind closed doors, because I guarantee you will be yelling at your screen.

(the second season just started), and the latter about money, Making a Murderer is about class. Avery's family owns an auto salvage business (much of the voiceover is accompanied by shots of rusting cars). They're undereducated (his mother calls newsmagazine shows, "Them things that's on TV always"). His girlfriend is in and out of prison for drunk driving. Seeing what easy targets they are will make you queasy.

"Poor people lose," Avery sums up. "They lose all the time."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Making a Murderer is a show that is ultimately about class.
CONTRIBUTED

"BRILLIANT. A HILARIOUS TIME AT THE MOVIES."

PETER TRAVERS, *ROLLING STONE*

CHRISTIAN BALE
STEVE CARELL
RYAN GOSLING
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Director X's surprise success

HOTLINE BLING

Man behind hit video talks success and Drake

Through the seemingly endless stream of parodies and fan adulation for Drake's viral Hotline Bling video, perhaps no one has been more surprised by its success than its Toronto director.

"It was incredible," said Director X (real name Julien Christian Lutz) of the reaction to video, which has surpassed 245 million views.

"I was really blown away. I didn't expect it to be so big. It's crazy."

X, as he's often referred to, has been directing videos for some of the world's biggest recording artists for 20 years now. They include Kendrick Lamar, Usher, Justin Bieber, Nicki Minaj, Timbaland, Jay-Z, Alicia Keys and John Mayer, to name but a few.

He's also getting into big-screen projects and is directing his second feature film, *Center Stage 3: Dance Camp*.

He shot Hotline Bling through his production company, Creative Soul, in Toronto in September. It was his third time working with Drake after *Worst Behaviour* and *Started from the Bottom*.

"He's a great collaborator," said X. "He definitely knows what he wants and even has an understanding of what's going to work. It's a good experience working with him."

"It's good to be working with someone that's more of a partner than just some guy who shows up and then stands in front of the camera and leaves," X continued.

"He's involved, top to bottom, beginning to end. He's not leaving anything for someone else to figure out for him."

Hotline Bling, which debuted in late October, has become a sensation, largely because of Drake's slow body-roll dancing in it.

But it was X's artistic vision that emphasized the moves.

The video starts with a shot of curvaceous women working in a cubicle-divided call centre. It then cuts to Drake (whose real name is Aubrey Graham) doing a series of shimmy-shuffle grooves on a minimalistic, illuminated set featuring light boxes and



“I have a graphic style, I like sets, I’m very into architecture and design”
Director X

Brampton, Ont., native Director X got his start as an intern at MuchMusic in the mid-’90s. COURTESY DIRECTOR X/TORSTAR NEWS SERVICE

stairs.

Overall, the goal was “just doing a big performance piece,” said X, noting he was asked to do something along the lines of his *Temperature* video for Sean Paul.

“I have a graphic style, I like sets, I’m very into architecture and design,” said X.

“You pull things from, you know, ‘Look at that building, the way they built the wall.’ You’re pulling all these different influences and mixing them with your own ideas and coming out the other side with something.”

The Brampton native got his start as an intern at MuchMusic in the mid-’90s.

“I was just beginning to look at music videos. I didn’t really know there was a career,” he said with a laugh.

“Then I found, ‘Oh, this is really a thing,’ and I was al-

ready pursuing it. But it was like, ‘Oh, there’s a life here.’ There were no grand plans. It’s just what I wanted to do.”

He studied and learned a lot on his own, through books and hands-on experience in New York, where he worked under hip-hop music video pioneer Hype Williams.

“The main lesson I really learned from him is when he told me that (a music video) has to be about something. That was eye-opening,” said X.

“And that’s what the Drake piece is about: the sets and the colour changes. ‘Gimme the Light’ (by Sean Paul) is about the sets. You can make something about something, even though it’s not in the narrative sense.... It doesn’t have to be a story, it can be about shoes, it can be about a colour.” THE CANADIAN PRESS



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It ain't heavy, it's the Tahoe



REVIEW

Quick steering response makes Chevy SUV feel much smaller

Jill McIntosh
For Metro Canada



Between gas prices, congestion and parking woes, full-size SUVs don't have the cachet they once did. But there's still a place for them, and so GM has completely redesigned its Chevrolet Tahoe and Suburban.

The two are essentially the same, but the Suburban rides on a longer wheelbase, with more legroom and cargo space. The 2015 models got the update, while the 2016 versions are unchanged except for some trim items.

I drove the Tahoe. Like the Suburban, it uses a 5.3-litre V8 as before, but this is a new version that, at 355 horsepower, is more powerful than the 320-horse version it replaces. It comes in two- or four-wheel drive, and when properly equipped, it can tow up to 3,856 kg (8,500 lbs), an important factor in a vehicle that many people buy in place

of a truck.

For all its bulk, and it is big, the Tahoe doesn't feel heavy. Much of that has to do with its quick steering response, which makes it feel like you're piloting something much smaller. The cabin is extremely quiet, and the strong engine accelerates swiftly and smoothly when power is needed. Its fuel economy will seem high if you're accustomed to a smaller crossover, but its published figures are the best of its competitors.

The interior is handsome, and the first- and second-row seats are comfortable, but the third row is another story. Perched above the rear axle, these flat-cushioned chairs are close to the floor and leave you sitting with your chin on your knees. Unless you have small children, or friends desperate for a ride, you'll probably keep them folded down to give you more cargo space.

Available in three trim lines, the Tahoe also offers a number of option packages that add some nice features but also can get pricey. My mid-range LT trim was optioned to more than \$68,400, but still didn't have a navigation system. That said, for those in the market for a full-size SUV, Chevrolet's redesigned version is very well done and worthy of a look.



Its fuel economy will seem high if you're accustomed to a smaller crossover, but its published figures are the best of its competitors.

THE CHECKLIST | 2016 CHEVROLET TAHOE

THE BASICS

Type. Four-door, 7- or 8-passenger full-size SUV
Engine (hp/torque). 5.3-litre V8 (355/383)
Transmission. Six-speed automatic
Price. \$52,740 (base), \$68,435 (tested), plus destination



JILL MCINTOSH/FOR METRO; MAIN: COURTESY GM

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POINTS

- The GMC Yukon and Yukon XL are the mechanical twins to the Tahoe and Suburban, but slightly more upscale and pricier.
- The 5.3-litre V8 uses active fuel management, which shuts off fuel to half the cylinders when full power isn't needed for better efficiency.
- If the lane departure system notices you drifting out of your lane, it vibrates the seat as a warning.

MARKET POSITION

Large SUVs are a niche market, but can be popular with those who need passenger and cargo space while towing boats or trailers. GM and Ford are the only mainstream companies to offer one model in two different lengths.

THE COMPETITION



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Base price: \$41,895



Toyota Sequoia
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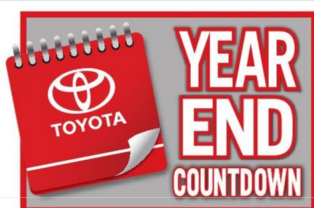


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*Based on IHS Automotive. Polk Canadian Vehicles in Operation data available as of July, 2014 for Crossover Segments as defined by FCA Canada Inc. [†]Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. [‡]The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

Taking the Tucson FCEV out for a spin

AUTOPILOT

Zero-emissions vehicle now on the streets of Surrey, B.C.

Mike Goetz
For Metro Canada



Last week I drove an example of the first fuel-cell vehicle to go on sale in Canada.

The first jolt was that the Hyundai Tucson FCEV looks alarmingly like any other 2013 to 2015 Tucson.

Your brain expects a car that runs on a chemical process (expressed in very long and complicated formulas) to turn hydrogen into electricity to not look like the compact SUV you rented two years ago at the airport.

Hyundai Canada's communications manager, Chad Heard, opens the FCEV's hatch to show me the cargo floor, which is about two inches higher than that of a regular Tucson, because underneath is the bigger of the two hydrogen storage tanks (the other, smaller tank is

under the passenger seat). The FCEV's tanks are rated at 10,000 psi, and hold enough hydrogen for about 420 kilometres.

"This is where the magic happens," Heard says next, after lifting the front hood. Hyundai's proprietary Fuel Cell, which turns hydrogen into electricity, is completely housed in the engine bay. It's a tight fit, but it's all in there. Also packed in is a 25kW battery for storing electricity, an electric motor capable of 134 hp and 221 lb-ft of torque, and a transaxle connecting the motor to the front wheels.

Then Heard throws me the key, and we climb in for a short drive and lunch ... much like an episode of Jerry Seinfeld's Comedians in Cars Getting Coffee, but without the comedy and the star power and the thousands of views. And the fact that we're driving THE FUTURE, and not an emissions-belching old-timey sports car.

I hit the start button. The instruments come to life and that's about it. No powertrain sounds, so just like a "regular" EV or hybrid. If it was cold outside it would take a bit for the Fuel Cell to get working, but you could take off even before it is, via battery power.



The Hyundai Tucson FCEV looks like a regular Tucson ... until you open it up. MIKE GOETZ/FOR METRO

I shift into drive. Off we go ... It drives just like virtually any electric vehicle, with seamless, smooth and silent propulsion. The loudest sound is the heater fan, and tire noise.

You can't hear or sense what the Fuel Cell is doing — powering the motor, charging the battery, or both, or simply on stand-by to conserve hydrogen. It just does its own thing.



Under the hood, the proprietary Fuel Cell in the engine bay.



In the rear, the bigger of the two hydrogen storage tanks.

Good acceleration around town. It gets up to highway speeds no problem, but feels a bit slow over 100 km/h.

The FCEV is a good chunk heavier than a regular Tucson, and most of the extra weight is all up-front, so that affects the handling somewhat.

But once you adjust to its nature, you can easily forget you're driving a hydrogen-powered vehicle with zero emissions. If our hydrogen future is on hold for some reason, it is not because driving a fuel-cell car is a substandard experience. It's a great experience.

The Tucson is only available as a three-year lease, at \$529 a month, which also includes free hydrogen and all your maintenance. Eight of them have been leased so far, and only in the Surrey, B.C., area, home to Canada's only publicly accessed hydrogen refuelling station and a dealership trained and equipped for fuel-cell vehicles.

Lots more want one, but Hyundai has to make sure the fuel-cell experience will be a good one for prospective buyers, so for now, that effectively means only customers in that area of the country. Which is kind of a shame ...

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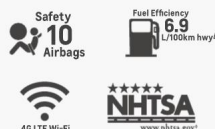
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Former Tampa Bay coach doesn't expect the Steven Stamkos hysteria to die down soon: 'It's big because Stammer's big'

Raptors hold off Mavs

NBA

DeRozan and Biyombo carry Dinos past injury woes

DeMar DeRozan scored 28 points, and Bismack Biyombo grabbed a career-high 20 rebounds to lift the injury-riddled Toronto Raptors over the Dallas Mavericks 103-99 on Tuesday.

Kyle Lowry had a double-double with 17 points and 10 boards and added seven assists for the Raptors (18-12), who were down to nine players by the second half. Terrence Ross scored 16 points, while Luis Scola chipped in with 15 and Cory Joseph had 12.

Dirk Nowitzki led the Mavs (15-13) with 20 points, while Wesley Matthews added 15.

Already missing starters Jonas Valanciunas (broken hand) and DeMarre Carroll (knee injury), the Raptors lost another forward when James Johnson sprained his ankle in the pre-game warm-up. Patrick Patterson, who was suffering what the team called "flu-like symptoms" didn't return after halftime.

Two nights after their worst first quarter of the season — a 104-94 loss to the Sacramento Kings — a fired-up Raptors squad rebounded at its best. They ended the first up 32-16, both their largest first-quarter lead this season, and fewest points they've allowed.

The Mavericks had the Raptors in trouble in the third



Raptors point guard Kyle Lowry delivers a pass as a trio of Mavericks close in on him under the basket on Tuesday night at Air Canada Centre. VINCE TALOTTA/TORSTAR NEWS SERVICE

when they pulled to within three points, and the Raptors led just 72-67 going into the fourth quarter.

But back-to-back threes by Joseph sparked a Raptors' 10-0 run that gave them a 16-point advantage with just under six minutes to play.

The Mavs would make a game of it down the stretch, pulling

TUESDAY AtACC

103	99
RAPTORS	MAVS

to four points with 1:20 to play on consecutive baskets by former Raptor Charlie Villanueva.

Villanueva and J.J. Barea drained back-to-back threes, the second with 26 seconds left pulling the Mavs within two points. DeRozan scored on a tough layup, before Jeremy Evans responded at the other end for Dallas.

Ross scored on a pair of free throws in the dying seconds, sending the Raptors into the

Christmas break with a victory.

The Raptors dominated the boards 53-34 and shot 47 per cent on the night.

The Raptors are off until Boxing Day, when they face the Bucks in Milwaukee. They travel to Chicago to face the Bulls before returning home to host Washington on Dec. 30.

THE CANADIAN PRESS

NBA IN BRIEF

Kerr back at Warriors helm after back surgery

Steve Kerr was back in charge of the Golden State Warriors — for a practice at least.

Kerr ran practice Tuesday with interim coach Luke Walton out with an illness. Kerr has been out since training camp as he deals with complications from back surgery he had in the off-season.



Steve Kerr
GETTY IMAGES

"I felt pretty good but I'm not 100 per cent health-wise," Kerr said. "But I'm getting better, building some strength. Today was a good day."

THE ASSOCIATED PRESS

Severe knee injury hard for Cavs' Irving to forget

Cleveland Cavaliers guard Kyrie Irving has vowed to never watch another replay of his knee injury in last season's NBA Finals.

Irving said following practice on Tuesday that he looked at the video of him breaking his left kneecap in Game 1 eight times since last June.

But the 23-year-old swore he won't look at it again, saying, "I had to let it go."

Irving scored 12 points in 18 minutes in his season debut Sunday against Philadelphia.

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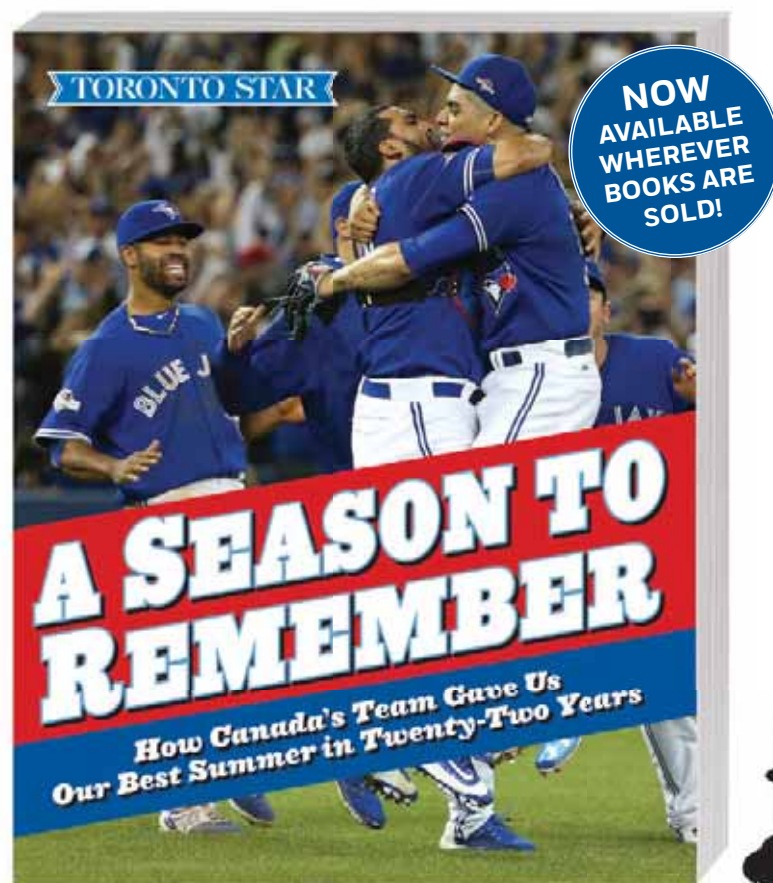
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NFL

Coach strikes out Panthers' use of bat

A frustrated Ron Rivera will no longer allow Carolina players to bring baseball bats on the field before games, even though he said the Panthers have done nothing wrong.

The Panthers coach is upset about what he said are untrue reports that some players taunted Giants wide receiver Odell Beckham Jr. with physical threats and homophobic slurs before Sunday's game.

Rivera said Tuesday that the Panthers wouldn't stand for that kind of behaviour and the team found no evidence it occurred.

When asked if the Panthers hadn't broken any league rules why he made the decision to do away with taking the bat on the field, Rivera said, "because I'm going to hear it if I don't."

"That's the truth of the matter," Rivera said. "So to avoid the situation and set of circumstances, let's just eliminate it.... It's the No Fun League for a reason."

Neither the Giants nor Beckham have released any statements accusing the Panthers of

APPEAL

Odell Beckham Jr. is going to have his appeal of his one-game suspension heard by a former NFL receiver.

The NFL said Tuesday that James Thrash will be the hearing officer for the appeal by the New York Giants receiver. The hearing will be held at an undisclosed time and place.

The league suspended Beckham on Monday for his conduct against Carolina, when he drew three personal foul penalties.

taunting the wide receiver before the game with physical harm or homophobic slurs.

The coach said the baseball bat is used by the Panthers as a motivational prop, representing the team having a home-run mentality when it comes to making big plays.

THE ASSOCIATED PRESS



In this photo taken Dec. 13, the Panthers' Bene Benwikere swings a bat as he takes the field.

CURTIS COMPTON/ATLANTA JOURNAL-CONSTITUTION VIA THE ASSOCIATED PRESS

IN BRIEF

Toronto FC's Bradley named top U.S. men's player

Toronto FC and U.S. national team captain Michael Bradley has won the U.S. Soccer Federation's Male Player of the Year award.

Bradley took over as U.S. captain from Clint Dempsey last summer ahead of the

CONCACAF Gold Cup.

The Princeton, N.J., native also led Toronto FC to its first ever playoff berth this fall.

THE ASSOCIATED PRESS



Michael Bradley
GETTY IMAGES

Anthopoulos at peace with decision

MLB

Ex-Jays GM says he expects to be employed next month

A two-month break from the grind of the baseball off-season has been good for former Toronto Blue Jays general manager Alex Anthopoulos.

It has given him a chance to introduce some balance in his life and spend more time with friends and family. He's also mulling over potential work options and expects to return to the sport he loves next month.

Anthopoulos, looking relaxed and content during an interview with The Canadian Press at a mid-town café in Toronto, has enjoyed his time at home since turning down a contract offer to stay with the Blue Jays.

"I get to give my wife a break," he said. "I'd say I'm learning what it's like to live a normal life again, which is kind of nice. You kind of forget what you miss."

Anthopoulos stunned fans and baseball observers by turning down a long-term deal a few days after his team was eliminated by the Kansas City Royals in the ALCS. He was eventually replaced by Ross Atkins, a former Cleveland Indians executive who



"I'm always going to be hoping the team does well."

Alex Anthopoulos

Alex Anthopoulos served as the Blue Jays general manager from 2009-2015.

CHRIS YOUNG/THE CANADIAN PRESS

had worked with new Blue Jays president Mark Shapiro.

The decision ended Anthopoulos's 12-year run with the team. He first joined the club as a scouting co-ordinator in 2003 and had served as GM since 2009.

Toronto won the AL East title in 2015 and returned to the post-season for the first time in 22 years.

Anthopoulos could very well find himself employed again soon.

"I'm getting there and come next month, come January, I'll work again," Anthopoulos said.

"Most likely for a team but it's not 100 per cent. There were some

media opportunities that came up that were interesting just from a quality of life standpoint.

"But then the more I thought about it, it's most likely I'll stay in baseball. Just because I've done it so long and I'm still young in my baseball career. I don't think I'm prepared to walk away."

The team he helped build is expected to be a contender again in 2016.

Anthopoulos will be watching from the outside, but has no regrets about turning down a lucrative long-term deal.

"Trust me, I thought about it a lot. I tried to talk myself into it," he said.

"Like I talked about at the time, it was more instinctive. Again it was just how I felt, and

DEPARTURE

Anthopoulos went out with his stock at a high. He was named MLB executive of the year by the Sporting News on the same day he announced that he wouldn't be returning to the Blue Jays.

it wouldn't be fair to the organization, to ownership, to everybody if I wasn't totally mentally fulfilled ... I know myself. I can't fake it. At 38 years old I don't want to just cash a check and just mail it in. I don't want to just show up to work every day and not be passionate and driven and excited.

"You need to be all in. So if you're not, I'm not going to take the money and do that job. I just can't." THE CANADIAN PRESS



Alex Anthopoulos and Jose Bautista celebrate the Blue Jays' berth into the ALCS this past October.

TOM SZCZERBOWSKI/GETTY IMAGES

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RECIPE Roasted Shrimp and Broccoli over Soba Noodles



PHOTO: MAMA YISNEY

Ceri Marsh & Laura Keogh
For Metro Canada



Skip takeout and whip up this easy noodle dish.

Ready in
Prep time: 25 minutes
Serves 4

Ingredients

- 1 x 8 oz package of soba noodles
- 1 lb large shrimp, peeled and cleaned
- 1 head of broccoli, trimmed into small florets
- 4 Tbsp vegetable oil
- 2 Tbsp sesame oil
- 2 Tbsp rice wine vinegar
- 2 Tbsp lemon juice
- Salt and pepper to taste

Directions

1. Preheat the oven to 425 F. Get a big pot of water on to boil.
2. In a small bowl, mix together your oils, vinegar, lemon juice and a bit of salt and pepper. In a large

bowl, toss together your broccoli and half of that marinade. Now spread it out evenly across two baking sheets and pop it in a hot oven for 10 minutes.

3. In that same bowl, toss your shrimp with the other half of the marinade. When the broccoli has been in the oven for 10 minutes, take out the sheets, turn the broccoli over and add the shrimp evenly across the two sheets. Put it all back in the oven for another 10 minutes.

4. Cook your soba noodles according to package instructions.

5. In the final 2 or 3 minutes, take the baking sheets out and give everything another stir. In the end the broccoli should be firm but tender and all the shrimp should be opaque and pink.

6. Drain the soba noodles and turn them out onto a big platter. Spoon the broccoli and shrimp over top. Pour any juices that have accumulated in the pan on top.

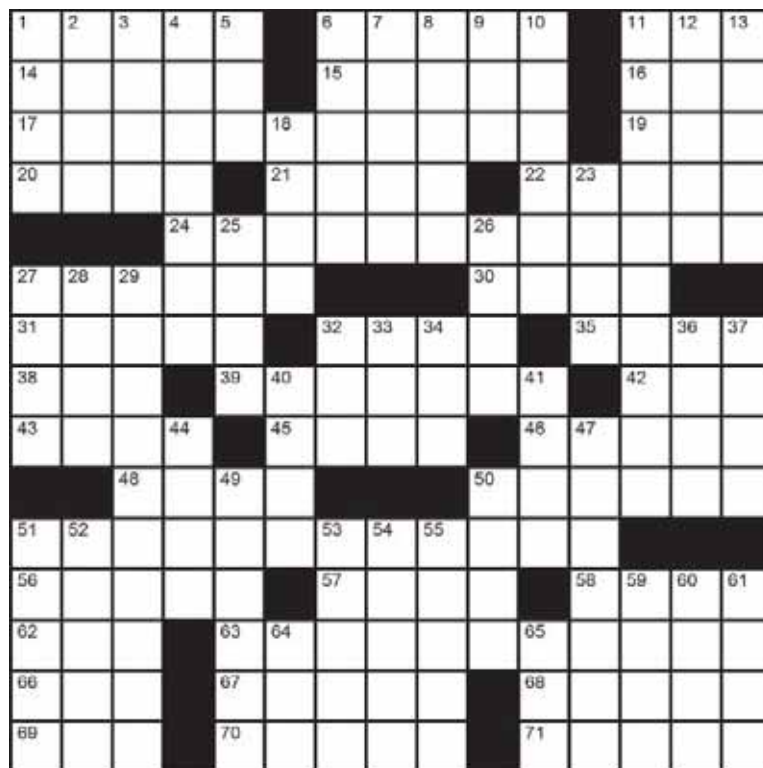
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ACROSS

1. "Sleigh Ride" bit: "...up, let's go..."
6. Nova Scotia island
11. Month parts [abbr.]
14. Blazing
15. Mountain chain
16. 'Serpent' suffix
17. Seasonal tune covered by Canadian singer Kim Stockwood: "It's a _ World"
19. Christmas beverage
20. 'Kitchen' suffix
21. Brain wave
22. Like poodle skirts now
24. Trendy Christmas fashions: 2 wds.
27. Progresses
30. Prod
31. Surrealist artist Max
32. Orange juice stuff
35. " _ it about time?"
38. Stop- _
39. House levels, variantly
42. "Gosh!"
43. Singer on "Do They Know It's Christmas?": Boy George aka George O' _
45. To the _ (Fully)
46. 'My Christmas Favorites': Tennessee _ Ford album
48. Cartoon bear
50. Scant
51. "The Twelve Days of Christmas" has eleven: 2 wds.
56. "I'm dreaming of a white Christ-



mas / Just like the _ _ used to know..." - Irving Berlin

57. Driving 4x4s, commonly

58. Christmas angel spot

62. School org.

63. Resort hills are illuminated for

64. Cartoon bear

65. To the _ (Fully)

66. Bother

67. Sports shoe's slip stopper

68. In with

69. Yesses opposites

70. _-totsy

71. Heads: French

DOWN

1. Up for it
2. " _ _ first you don't succeed..."
3. Soil
4. #49-Down is based on his book: 2 wds.
5. Slangy affirmation, variantly
6. "A Very _ Christ-

mas" (1988 TV movie starring a '70s family sitcom cast)

7. Wheezing noises

8. Bride's new relative

9. Pride

10. Prepare the gift once more

11. Festive tune by

Sarah McLachlan that starts "Lake is frozen over..."

12. Bouillon brand

13. Some lilies

18. Wire diameter measures

23. Needle case

25. Comprehends

26. Catch a glimpse

27. Remain unsettled

28. Jason's craft

29. Rocky Mountain features: 2 wds.

32. Taro root dish

33. Website

34. Permit

36. Film _ (Movie genre)

37. Yoredom's 'you'

40. Not that

41. Visible

44. Performs

47. "Alexander's _ Band" by #56-Across

49. Jim Carrey's 'Mean' 2000 Christmas role

50. Pine for

51. Make a brief visit: 2 wds.

52. Brief beginning

53. Washington's _ Sound

54. " _ _ potential." (House buyer's observation)

55. "Christmas All Over Again" by Tom _ & The Heartbreakers

59. Hilarious human

60. Feminine suffix

61. #19-Across ingredients

64. UN workers agcy.

65. Kit _ (Chocolate treat)

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Taurus April 21 - May 21
Your instincts will guide and protect you. Don't be fearful. Anyone who doubts that you can be original will have those doubts silenced. Now is the time to take chances.

Gemini May 22 - June 21
You will give freely of your time and energy today but take care that your generosity is not abused. Sometimes you can be too easy-going for your own good. Give only to those who deserve your help.

Cancer June 22 - July 23
Surprises are likely, so brace yourself for unexpected changes. You may not have much control over what's taking place in your life, but that does not mean you won't enjoy it.

Leo July 24 - Aug. 23
If you're going to take a risk, if you're going to put everything you've gained on the line, now is the time. There is no guarantee you'll win but the odds are definitely in your favour.

Virgo Aug. 24 - Sept. 23
You will go against accepted wisdom today. Deep down you know your way is best, even if the whole world is against you. You will make some outrageous decisions, and each and every one of them will be right!

Libra Sept. 24 - Oct. 23
You will surprise yourself and do something that scares you. You might even make a success of it. But even if you don't you'll still impress people in positions of power.

Scorpio Oct. 24 - Nov. 22
Do what makes you happy, not what makes other people happy. If that makes you unpopular in certain circles, so be it. You might find yourself better off financially without them as well.

Sagittarius Nov. 23 - Dec. 21
You feel inspired to do something out of the ordinary. Whatever it may be, and whatever the reaction, you're sure to make a success of it and you're sure to make money from it.

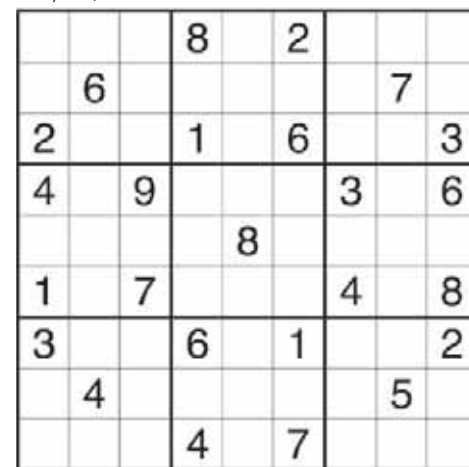
Capricorn Dec. 22 - Jan. 20
Let your hair down and let others see you are not at all the conservative Capricorn they think you are. Don't worry if you shock certain people. The way to get noticed nowadays is to act just a little bit outrageous.

Aquarius Jan. 21 - Feb. 19
Don't worry if you fall behind in your everyday routine. What matters is that you give some thought to the direction your life is heading. A change of course may be necessary.

Pisces Feb. 20 - March 20
You have to be a bit more adventurous now. If you want to get in other people's good books then do something different, something they would never expect of you.

CONCEPTIS SUDOKU by Dave Green

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*No purchase required. Open to Canadian residents age of majority, 18 years of age or older, who purchase any new 2015/2016 Kia vehicle at a Canadian Kia dealership from December 26 to 31, 2015. Certain dealerships will be closed on December 27, 2015. For a chance to win a prize of a \$3,000 iTravel2000 voucher each day (6 prizes in total) from December 26 to 31, 2015, go to kia.ca for complete details (including no purchase entry). Offer(s) available on select new 2015/2016 models through participating dealers who take delivery from December 26 to 31, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments include delivery and destination fees up to \$1,715, \$5.00/100km fee, \$29 tire fee, and \$100 A/C charge (where applicable). Excludes other taxes, licensing, PPSA, registration, insurance, variable dealer administration fees, fuel-fill charges up to \$100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. *0% financing for up to 84 months or up to \$7,000 discount available on other select 2015/2016 models. Discount is deducted from the negotiated purchase/lease price before taxes. Maximum \$7,000 discount (\$6,000 cash discounts and \$1,000 ECO-Credit) is offered on 2015 Optima Hybrid LX (0P74AF) only. \$1,000 ECO-Credit is offered on all 2016 Optima Hybrid models. Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2016 Sportage LX MT FWD (SP551G) with a selling price of \$24,844 is based on monthly payments of \$284 for 84 months at 0% with a \$0 down payment and first monthly payment due at finance inception. Offer also includes \$1,000 discount (loan credit). Other taxes, registration, insurance and licensing fees are excluded. "Don't Pay For 90 Days" on all models (90-day payment deferral) applies to purchase financing offers on all new 2015/2016 models on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer ends January 4, 2016. **Cash Purchase Price** for the new 2015 Optima LX AT (0P742F)/2015 Optima Hybrid LX (0P74AF) is \$20,964/\$24,764 and includes a cash discount of \$5,500/\$7,000 including \$6,000 cash discounts and \$1,000 ECO-Credit. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. **Representative Leasing Example:** Lease offer available on approved credit (OAC), on the 2016 Forte Sedan LX MT (F0541G) with a selling price of \$17,564 is based on monthly payments of \$148 for 60 months at 0%, with \$0 security deposit, \$1,300 discounts (lease credit), \$750 down payment and first monthly payment due at lease inception. Total lease obligation \$8,855 with the option to purchase at the end of the term for \$6,661. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometres). *No charge AWD applicable on cash purchase of 2016 Sportage LX AT AWD (SP755G)/2016 Sportage LX AT AWD (SP755G)/2016 Sorento LX 2.4L AWD (SR75BG)/2016 Sorento LX + Turbo AWD (SR75DG) with an approx. value of \$2,300/\$2,400/\$3,000 (\$2,000 AWD credit and \$1,000 in discounts)/\$2,000 respectively. Some conditions apply. See dealer for details. **\$500/\$750 Boxing Week Bonus amounts are offered on 2016 Forte (Sedan, Coup and 5-door), 2015 Soul, 2016 Soul/2015 Optima, 2016 Sportage models and are deducted from the negotiated cash purchase, finance or lease price before taxes. Offer available from December 26 to 31, 2015 only while supplies last. Certain conditions apply. †Lease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. *Model shown Manufacturer Suggested Retail Price for 2016 Sportage SX Luxury (SP759G)/2016 Forte SX AT (F074BG)/2015 Optima SX AT Turbo (0P748F) is \$38,495/\$26,695/\$34,895. The 2015 Optima was awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2015. U.S. models tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.